

Soldier gets a surprise welcome home

By Rosemary Stephens, Editor-in-Chief



U.S. Army Specialist, Trevor Aguilar as he first gets a glimpse of his family waiting for him outside the security gates at the Will Roger's World Airport.

The signs read ‘Welcome Home Trevor, we missed you’, ‘Welcome Back to ‘Merica’ and ‘Welcome Home our soldier’. All different colors, all different signs, meant for one young man, U.S. Army Specialist, Trevor Aguilar returning home from Afghanistan.

“He doesn’t know any of us are here ... he thinks just his dad is picking him up,” Esther Aguilar, Trevor’s

mother, said laughing with anticipation of seeing her son.

Trevor’s family gathered on Friday, Dec. 7, 2012 at the Will Roger’s World Airport in Oklahoma City. Some drove from as far away as New Mexico to join in the surprise welcome home event for Trevor.

“I remember when Trevor came in one day and told me he was planning on enlisting when he graduated high school. I looked at him and said, ‘what can I tell you, I am proud of you and you’ve made your own decision.’ A long time ago, my dad, Samuel Fletcher, was in the Air Force and he would always say to his boys you need to do one of three things, either you go to school, you work or you enlist after you graduate high school, you have to do something ... you can’t be a bum. Trevor enlisted,” Esther said.

Trevor’s grandmother, anxiously awaiting Trevor’s flight to land, laughed and visited with family she



Photos by Rosemary Stephens



Above: Trevor Aguilar’s family anxiously await Trevor’s arrival at the Will Roger’s World Airport in Oklahoma City.

Left: Trevor Aguilar and his 2 year old nephew, Abreyen Barraza, lovingly embrace each other.

doesn’t get to see everyday.

“Trevor’s my baby, my grandson. I know when we had him out in New Mexico he kept us busy going to his basketball and football games,” Virginia Chavez, Trevor’s grandmother said. “I told my husband I knew now why my mother would never watch any news on the Viet Nam war when my brothers were there fighting that war. Whenever something would come on the television news

about Afghanistan, I would walk out of the room because I just didn’t want to hear it ... it was too close to home. I would just wait for her (Esther) to call and tell me Trevor’s okay.”

Trevor graduated from Clinton High School in 2010 and immediately joined the U.S. Army. He is stationed at Ft. Richardson, Alaska as an Airborne Specialist.

“His little brother has missed him so much, we all

have. Trevor is such a loving person, he is family oriented and loves his family so much,” Esther said.

Trevor will be home until Jan. 4, 2013 when he will return to Alaska. While home Trevor participated as the head man dancer during the Clinton Service Unit Princess Coronation powwow in Clinton, Okla.

Trevor is due to be discharged from the Army in March 2014.

Wood carver gives life back to dying trees

By Rosemary Stephens, Editor-in-Chief

Trees, once dead, come back to life when wood carver, Alvin Scabby, finishes chiseling.

“I look at the tree and I see what it is to become,” Scabby said.

Some of the trees he has sculpted have transformed into buffalo, some into horses and others into teepees.

“I see a vision in the tree and I go with it ... I love trees, always have,” Scabby said.

Scabby began carving wood, specifically trees, about six years ago when he worked for the Cheyenne and Arapaho tribes.

“When we would go out firefighting I would see some wood carvings. I saw a bear carved out of wood up in Montana and benches and tables made out of trees ... they looked good and I wanted to do something like that around here (home),” Scabby said. “I am always learning, looking. I read a lot of books and I learn as I go along. Southwest art is my favorite area. I get a lot of ideas and I can see something and I just start carving it ... like the trees I am carving at the tribal complex right now.”

Scabby said he noticed some trees in front of the old BIA Agency building at the tribal complex, “EPA asked me to carve some benches and tables out front of their building and I looked at those trees you know, they were dying and I saw a buffalo in one

of them and a horse I could carve out of another one, so that’s what I am carving, making some benches and a table area out there.”

Scabby said his grandfather played a big role in his love for the forest and for trees. One of his first memories is walking in the forest on his grandfather’s land north of Hammon along the Washita River.

“My grandfather, Ben Whiteshield, took me to look for wood to make a bow and some arrows on his land north of Hammon. Everyone called it ‘Camps’ and a lot of Indians used to live on the ‘Camps’ and we used to go down there in the early 1950s and 1960s ... it was like paradise to me when I was little, we would hunt, ride horses, fish, look for soft shell turtles ... this one day, I must have been 3 or 4 years old, my grandfather was



Photos by Rosemary Stephens

Fifty-eight year old, Alvin Scabby, is busy carving benches and tables in front of the old BIA Agency building on tribal land in Concho, Okla. The benches will be shaped into images of buffalo and some of horses.

probably about 75 years old, and he took me out into the forest where we found a good piece of wood to make a bow out of. We stopped there and my grandfather cleaned up the wood and made the bow ... I was

eating mulberries from the Mulberry tree so my hands were all stained purple and I couldn’t touch the bow,” Scabby recalled fondly. “Anyway he leaned that bow up against the tree

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Native appreciation night

By Rebecka Lyman
Reporter/Ad Sales

Native American talent gave the crowd an evening of smiles and laughter.

On Dec. 7, 2012 Brian Frejo, co-founder of Culture Shock Camp, hosted Native Appreciation Night at Lucky Star Event Center in Concho, Okla.

“I wanted to do a show that would showcase and feature Native American talent that are not getting the opportunities to perform in the casino venues, so I thought it would be an awesome opportunity to get a tribe to do a show like this,” Frejo said. “It has been a challenge to get a tribe to feature only Native American talent. I have been working on this project for about a year now and I knew that the Cheyenne and Arapaho tribes did a lot of entertainment here at the casino ... so I reached out to them.”

Frejo said he had met the right people with the Cheyenne and Arapaho tribes.

“I jumped in when the door opened,” Frejo laughed. “So here we are, this is just the beginning and I applaud the Cheyenne and Arapaho tribes for giving us this chance to do this and allowing this night to happen. I hope that other tribes follow.”

The evening unveiled a host of Native comedians, flute players and singers.

“We need to put our Native talent in the Native casinos, we own the casinos and I believe that it is only right that we showcase our Native talent and artists,” Frejo said. “It is time to put our own people on these stages and give them the opportunity that non-Natives are getting.”

Comedian, Adrienne Chalepah, a member of both the Kiowa and Apache tribes performed her comedy act during

the event. She has performed around the world with 49 Laughs Comedy group. Chalepah began her career in entertainment about three years ago while attending Ft. Lewis College in Durango, Colo. She is originally from Anadarko, Okla.

“Comedy to me is everything, because comedy is universal no matter what language a person speaks, every country has comedy embedded in their culture, Native Americans are no different,” Chalepah said. “I think that comedy is even more so within Indian Country, it is a form of story telling. Native American comedy is a modern take on what we have been doing for thousands of years, we deal with things in the form of laughter and making fun of others. There is a spiritual element to it too, but also a really fun element with being able to cut loose.”

Frejo was the D.J. for the entire evening, entertaining the crowd with Native hip-hop music along with his own performances playing the flute and drum.

Chad Tahchawwickah, Comanche Native comedian had the audience rolling with laughter during his performance.

“Naturally as Oklahoma Indians we like to tease hard, I mean hard, but it is



Photo by Rebecka Lyman

Brian Frejo, co-founder of Culture Shock Camp hosts the first Native Appreciation Night, featuring all Native performers, at the Lucky Star Event Center in Concho, Okla.

what sets us apart from all the other Indians,” Tahchawwickah said. “It is like therapy for those who go to a comedy show. I like to see the audience having a good time and laughing, I enjoy getting involved with the crowd, it is like therapy for me too.”

The audience also enjoyed Native church and southern style pow-wow music from performers Alex E. Smith and Cheevers Toppah. Their record *In-tonations* received a Grammy nomination in 2006 for Best Native American album.

Cheyenne and Arapaho water treatment plant marked for upgrade

By Rebecka Lyman
Reporter

CONCHO, OK-On Oct. 23, 2012 Cheyenne and Arapaho tribal leaders, legislator staff and conservation energy employees held a meeting at the complex conference room in Concho, Okla., to discuss the cost to either refurbish or rebuild the water treatment plant and water system that sits on Concho’s reservation.

“The water treatment was built in the late 1960’s and was given to the tribes in 1982 from the Bureau of Indian affairs (BIA) when the Concho boarding school closed its doors,” Melvin RomanNose, Energy coordinator said. “I have been placed by Gov. Boswell to oversee the project and provide the necessary actions to update the water treatment system for our tribal members and employees who live and work here.

RomanNose said the project is well over due.

“The water right now, meets all primary drinking standards, but we do have a lot of work ahead of us. We are just in the planning stages, Blaine Reely with Monsoon Consultants are running tests and looking over the pipelines and the structure of our current water treatment plant and system. Once I get the results we will move forward from there,” RomanNose said.

RomanNose stated that Concho is operating at 50,000 gallons of water per day and the cost to refurbish the system would cost around \$1.5 million. He also said, presently the water treatment facility does not meet state regulations and is in dire need of updating the system.

“Some of the funds from the severance tax recovery from Chesapeake Oil and Gas Company that the tribes Tax Commission received in October, 2012 will be funding this project,” RomanNose said.

Cobell settlement brings \$23 million to American Indian land trustees in Wyoming

By Kyle Roerink-Star-Tribune staff writer

The federal government will distribute about \$23 million to American Indian land trustees in Wyoming after years of breached obligations on trust payments, according to Dennis Gingold, attorney for the plaintiffs in the Cobell lawsuit.

The settlement required unanimous congressional approval. As the ranking Republican on the U.S. Senate Committee on Indian Affairs, Sen. John Barrasso’s influence was paramount. He had objected to the settlement several times, jeopardizing the deal, Gingold said. Without his approval the settlement wouldn’t have come to fruition. The senator’s staff members went through the settlement word for word and found compromise.

“He had to decide he wasn’t going to oppose the settlement any longer,” Gingold said.

Barrasso proposed an enhancement for the lowest-income trust beneficiaries, which was approved. And in a rare display of unity after debating the settlement for a year, every member of Congress voted in favor in 2010.

“These changes will go a long way in protecting the interests of hundreds of thousands of Indians affected by this settlement,” Barrasso said in a statement to the Star-Tribune. “The input from tribal leaders and members of Indian Country helped me improve flaws in the settlement, without destroying the agreement.”

The settlement ameliorates the wrongs set forth by the General Allotment Act of 1887. At the turn of the 20th century, the federal government divided reservations and allotted as trust 40 percent of reservation land to enrolled tribal members west of the Mississippi River. All of the class members in the lawsuit were beneficiaries of the land that the government allotted. After the government allotted the land in the early 1900s, there were

54 million acres of trust land for individuals to help integrate American Indians into society after Congress had deemed them incompetent. Now there’s only 11 million acres. The land’s been sold by beneficiaries and, in many cases, the government.

It’s like the government taking the titles to cars while still letting people drive them, Gingold said. “It’s the dark side of American history.”

State Rep. Patrick Goggles, D-Ethete, is a member of the Northern Arapaho Tribe and a beneficiary. He said the payments to beneficiaries are long overdue. The federal government failed as a fiduciary to pay the highest value for trustee land throughout the years, he said.

“Fiduciary doesn’t mean minimum. It means the highest rate possible,” he said.

Gary Collins is Gov. Matt Mead’s liaison to the Northern Arapaho Tribe. He said thousands of American Indians will be short-changed in the deal. The courts excluded families of deceased beneficiaries from receiving settlement money, he said. Another downside according to Collins is the settlement won’t fulfill exact amounts owed to tribal members for land sales and leases.

There’s no way to account for the land sales and leases, Gingold said. Documents kept by the Bureau of Indian Affairs, Bureau of Land Management and the Department of the Interior were stored in barns and eventually destroyed, according to testimony from the federal government. The intent wasn’t malicious, Gingold said. Until the Cobell case, the Interior Department regarded the beneficiary trust records as nontrust documents. Federal law requires government agencies to destroy nontrust documents over time. The lack of documents is what made the case difficult to litigate, Gingold said. It also made settlement figures hard to determine. The Riverton Ranger reported 8,000 beneficiaries in Wyoming will divvy the \$23 million.

Nationwide, 500,000 American Indian trust beneficiaries will split the \$3.4 billion. The case began when the late Louise Cobell of the Blackfeet tribe in Montana found it unjust that beneficiaries weren’t paid when the federal government leased trust land to third parties for mining, drilling or grazing. She brought the class action suit against the government in 1996. Cobell died in October 2011.

“Before Louise, no government official, no tribal member, no tribal authority did anything to enforce the trust duties the U.S. owes,” Gingold said.

The case is known as the most complex litigation of trust law in the history of the nation. It’s one of the nation’s largest class action lawsuits ever and one of the largest settlements. The litigation ended after the U.S. Supreme Court dismissed an appeal on Nov. 24, 2012. The Interior Department and thousands of tribal land owners reached a settlement on Dec. 7, 2009. President Barack Obama and Congress authorized it in late 2010. For the past two years, appeals from trustees tied up the case and prevented the disbursement of payments.

Myths about the case are already spreading throughout the country, Gingold said. He made clear that the payments aren’t delinquent and tribal governments are not involved with the case.

“This wasn’t a case for reparations,” Gingold said. “This was a case to enforce the

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American Indian Belief Systems	M	5:15—7:45 pm
Intro to Tribal Administration	T	5:15—7:45 pm
American Indian Women	T	5:15—6:55 pm
Literature of the American Indian	W	5:15—7:45 pm
Tribal Government II	R	5:15—7:45 pm
American Indians Today	R	5:15—7:45 pm
Art History of the Plains Indians	TR	2:30—3:45 pm
Arapaho Language II	Online	Arranged

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Selling-Shell Gas Station	9:00 am	Canton-Shell Gas Station	9:45 am
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Spending cuts shadow Obama meeting with tribes

By Suzanne Gamboa

WASHINGTON, DC (AP)—Hours after talking tough against Republicans in “fiscal cliff” negotiations, President Barack Obama and members of his Cabinet reassured hundreds of Native American leaders the administration’s programs and efforts on their behalf would continue.

Obama ticked off a list of achievements by his administration on behalf of Native Americans and then spoke of improving America’s roads and its infrastructure and expanding Native American small businesses.

“I’ve never been more hopeful about our chances,” Obama said in a Wednesday afternoon speech to hundreds of Native American tribal leaders.

Earlier in the day, Obama had admonished congressional Republicans over their threat to agree to higher taxes and then seek spending cuts in the next debate over the government’s borrowing limit.

“It’s not a game I will play,” Obama said at a speech to the Business Roundtable.

Obama did not discuss the fiscal cliff negotiations at the tribal summit, but more than 500 tribal leaders took their concerns about spending cuts that could go into effect to avoid the fiscal cliff to the summit.

Eight Cabinet members, led by Interior Secretary Ken Salazar, addressed the leaders and other agency officials met with tribe leaders in closed meetings in a mid-day break.

The gathering “should send a loud and clear message to everyone that Barack Obama understands the importance of Indian Country and is committed to making sure we continue to make progress,” Salazar said.

Kathleen Sebelius, Health and Human Services secretary, tried to reassure the tribes the administration is working to continue providing health care to them. With Navajo Code

Talkers in the audience, she announced plans for Veterans Affairs to reimburse the Indian Health Service for treatment of Native American veterans.

Also in the morning session:

- Neal Wolin, deputy Treasury secretary, said his agency would release later in the day proposed guidance on taxing of income from tribal businesses and benefits such as housing, school clothes and burial aid that some tribes provide their members. Tribes have been insisting the assistance should be exempt under existing laws.
- Agriculture Secretary Tom Vilsak announced a new agreement among several federal agencies to coordinate on land management regulations particularly as it relates to protecting sacred sites.

Tribal leaders have long pushed for better recognition of their status as sovereign nations and, by most accounts, the annual meetings on Obama’s watch have led to improvements. But with Republicans and Democrats in a standoff over raising taxes and cutting spending, there is worry that those strides “will be set back when the first loose rock from the fiscal cliff comes tumbling down on Indian Country,” said Jacqueline Pata, executive director of the National Congress of American Indians.

Two looming concerns, Pata said, are health care services and law enforcement. The tribal leaders were to hear later from the Justice Department.

The group’s president, Jefferson Keel, reminded the government of its federal trust obligations to American Indian nations in a letter to congressional leadership that was endorsed by several tribes and Native American groups.

The summit follows intensified campaigns by some tribes and native groups to turn out Native American and Alaska

Native voters as part of a multiracial, multiethnic coalition that helped Obama hold onto the Oval Office.

People who identified themselves as American Indians made up 1 percent of the electorate in this year’s election, about the same as 2008, according to national exit polls. American Indians and Alaska Natives are about 1.7 percent of the population.

Exit polls showed Obama carried 52 percent of the American Indian vote, compared with 46 percent for Republican challenger Mitt Romney, although the totals could vary either way by 7 points or more because of the small group of voters.

Major policy decisions aren’t made at the annual gathering held at the Interior Department. But 566 American Indian and Alaska Native leaders were invited for the chance to meet with senior agency leaders and raise their concerns in what are considered nation-to-nation discussions.

The National Congress of American Indians estimates that programs for American Indians could be reduced by 20 percent or more below 2010 spending levels if Congress fails to come up with a deal and automatic cuts go into effect.

Santa Clara Pueblo Gov. Walter Dasheno has a slew of topics to raise, including education, health care and putting more Native Americans on the federal bench and in senior government positions.

Dasheno’s northern New Mexico community of 2,800 residents wants to build a clinic within the next five years, but he is unsure whether changes to Medicare and Medicaid and the stalemate on spending and taxes in Congress could dash residents’ hopes.

“Indian people have never been in the forefront of receiving an equitable share of funds,” Dasheno said.

Suicide is epidemic for American Indian youth

By Stephanie Woodard

A youth-suicide epidemic is sweeping Indian country, with Native American teens and young adults killing themselves at more than triple the rate of other young Americans, according to federal government figures.

In pockets of the United States, suicide among Native American youth is nine to 19 times as frequent as among other youths, and rising. From Arizona to Alaska, tribes are declaring states of emergency and setting up crisis-intervention teams.

“It feels like wartime,” said Diane Garreau, a child-welfare official on the Cheyenne River Sioux Reservation, in South Dakota. “I’ll see one of our youngsters one day, then find out a couple of days later she’s gone. Our children are self-destructing.”

So dire is the alarm that of 23 grants the U.S. federal government awarded nationally to prevent youth suicides in September, ten grants went to Native American tribes or organizations, with most of them receiving nearly \$500,000 per year for three years.

A former Democratic senator from North Dakota, Byron Dorgan, who chaired the U.S. Senate Committee on Indian Affairs for 18 years, called those efforts good but insufficient. Dorgan is founder of the Center for Native American Youth, which promotes Indian child health and emphasizes suicide prevention. He describes the Indian Health Service, which serves the nation’s 566 tribes, as chronically under funded.

“We need more mental-health services to save the lives of our youngest First Americans,” Dorgan said. “Tribes and nonprofits may get two- or three-year grants to address an issue that cannot possibly be resolved in that amount of time. We fund programs, then let them fall off a cliff.”

“The perception may be that tribes have a lot of gaming funds, but that is simply not true for more than a few,” Dorgan said.

The suicide risk factors for Native youth are well known and widely reported. In their homes and communities, many Native youngsters face extreme poverty, hunger, alcoholism, substance abuse and family violence. Diabetes rates are sky high, and untreated mental illnesses such as depression are common. Unemployment tops 80 percent on some reservations, so there are few jobs—even part-time or after-school ones. Bullying and peer pressure pile on more trauma during the vulnerable teen years.

Native youngsters are particularly affected by community-wide grief stemming from the loss of land, language and more, researchers reported in 2011. As many as 20 percent of adolescents said they thought daily about certain sorrows—even more frequently than adults in some cases, the researchers found.

“Our kids hurt so much, they have to shut down the pain,” said Garreau, who is Lakota. “Many have decided they won’t live that long anyway, which in their minds excuses self-destructive behavior, like drinking—or suicide.”

Suicide figures vary from community to community, with the most troubling numbers in the Northern Plains, in Alaska and in parts of the Southwest. In Alaska, the suicide rate for young Native males is about nine times that of all young males in the United States, while Native females in Alaska kill themselves nineteen times as often as all U.S. females their age, according to the Alaska Native Tribal Health Consortium.

After a cluster of suicides in 2001, the White Mountain Apache Tribe wanted to develop a prevention program. It mandated reporting of all suicides and attempts on their Arizona reservation, discovering that between 2001 and 2006, their youth ended their lives at 13 times the national rate.

The trauma behind the numbers is excruciating. “When my son died by suicide at age 23, I didn’t even know how to think,” said Barbara Jean Franks, who is Tlingit and was living in Juneau, Alaska, at the time. “I couldn’t imagine that

hope existed.”

The tragedies ripple through entire communities. Reservations are essentially small towns, and tribal members are often related, whether closely or distantly, Garreau said. “People are numbed, overwhelmed. Sometimes they’ll say, I just can’t go to another funeral.”

Because suicide is so common in some Native communities, it’s become an acceptable solution for times when burdens build up, said Alex Crosby, medical epidemiologist with the CDC’s injury-prevention center: “If people run into trouble—relationship problems, legal problems, this compounds the underlying risk factors, and one of the options is suicide.”

“Is it in our blood? It crosses your mind,” said Jake Martus, whose Yupik/Eskimo/Athabaskan father was born in a tiny, remote village on the Yukon River. “I’ve never acted on suicidal thoughts, but they’ve been there my entire life. It’s sad, it’s shocking, but in our communities it’s also somehow normal.”

Martus, who is 26 and a patient advocate for the Alaska Native Epidemiology Center, said suicide is so frequent among his people, he has to ask, “Is it in our blood?” Martus’ father killed himself in jail after being arrested for drunk driving. Behind his dad’s alcoholism were overwhelming memories of sexual abuse by his village’s Catholic priest, Martus said. Similar stories echo throughout Indian country, where lawsuits against the Catholic Church have detailed sexual, physical, and emotional abuse by clerics in parishes or on staff at the notoriously violent boarding schools that Native children were forced to attend until the 1970s.

The lasting effect of the abuse and the loss of land and culture is often called historical trauma. Martus calls it genocide. “They set us up to kill ourselves,” he said. “The point of all the policies was ‘take them out.’”

In some communities, suicide has become so ordinary that boys in particular may dare each other to try it, said Ira Vandever, a Ramah Navajo chef in western New Mexico. He works with Music Is Medicine, a local group that brings guitars, drums and lessons from rock and traditional musicians to Native youngsters. Speaking after dinner at his restaurant, La Tinaja, he said, “Around here, some who have died by suicide weren’t depressed. They were just responding to a dare.”

Incredible as it may sound to adults, adolescents may not fully understand that shooting or hanging themselves can have permanent results, said social worker Patricia Serna, who helped develop a nationally recognized suicide-prevention program for a New Mexico tribe. “Youth who survived suicide attempts would tell us they just wanted a break from their problems, a little time off.” She explains that important decision-making parts of the brain are not fully developed in adolescents, of all population groups, not just Native youngsters. As a result, they may not foresee the consequences of their actions.

Part of the boys’ difficulty is misunderstanding the warrior tradition that makes up much of Native male identity, according to Alvin Rafelito, Ramah Navajo and director of his community’s health and human services department. “We have a prayer that describes a warrior as someone who goes the distance spiritually for his people. Nowadays, that ideal has been reduced to simply fighting and violence. In teaching kids to be modern warriors, we have to convey the term’s full, traditional meaning.”

Tradition is key, said Anderson Thomas, Ramah Navajo and director of the community’s behavioral health program. On his reservation, he points out, it’s typically young men who are dying by suicide, not young women. “I’d say more than 90 percent of girls here go through their traditional coming-of-age ceremony,” he said. In contrast, little is done for young males. In large part, he said, that’s because traditional male activities like hunting have diminished, so rituals relat-

ed to them have dropped off as well. Though Ramah Navajo men and boys can obtain conventional therapy, they also need ceremonies, Thomas said.

“It was my tradition that brought me to safety,” Franks said. As time went on, she went back to school, got a degree and these days promotes suicide prevention statewide on behalf of the Alaska Native Tribal Health Consortium. “Now, I can move forward. Instead of saying my son died by suicide, I can say he gave me 23 years of his life.”

According to Crosby, tradition is one of the so-called “protective factors” that can counter the risk factors—even the deeply embedded ones that afflict tribes. For indigenous people, tradition is distinctive and powerful, say researchers. It incorporates family and clan relationships, reverence for elders and a deeply-held spiritual life. Supporting these traditions and ties makes Native youngsters feel valued and gives them encouragement to seek help, U.S. and Canadian scientists have concluded in study after study.

You don’t have to be a scientist to figure this out. Alaska Native Tessa Baldwin was a 17-year-old high school student when she learned that feeling connected is vital. At age 5, she had lost an uncle to suicide and in succeeding years, several friends and a boyfriend. “I finally realized it wasn’t something affecting just me,” she said. “It was a lot bigger.” In 2011, she founded Hope4Alaska, one many small grassroots suicide-prevention groups in Indian country.

Through Hope4Alaska, Baldwin traveled to schools in Alaska Native villages to tell her story and find out what other teens thought would help.

“We had youth and elder discussions, and the kids said they felt useless. They wanted to better their communities but saw no way to make a contribution. The elders were touched, and the kids felt they’d connected with them in an important way,” recalls Baldwin, who has just started her freshman year at the University of California, San Diego.

To make sure Cheyenne River’s children feel part of a community that values them, Diane Garreau’s sister, Julie, runs the Cheyenne River Youth Project, a busy after-school facility. Kids listen to elder storytellers, play basketball and tend a two-acre organic garden. They get healthy meals and homework help. They study in a library, go online in an Internet café, stage fashion shows and organize local beautification projects. In 2011, a youth-leadership group visited the White House.

“Everything we do, from serious to seemingly frivolous, is about letting our kids know we care,” Julie Garreau said.

“You could define many things, a school camping trip, a traditional dance group, as suicide prevention,” said Zuni Pueblo’s Superintendent of Schools Hayes Lewis, co-creator of the Zuni Life Skills Development curriculum, one of the first suicide-prevention programs designed for Native Americans, in the late 1980s. The school-based lesson series teaches coping skills like stress management, as well as role-playing responses to suicide threats. It was created after a rise in youth-suicide rates at Zuni, thirteen deaths between 1980 and 1987, according to a paper Lewis co-wrote in 2008.

After Zuni adopted the curriculum in 1991, youth suicide stopped almost immediately, according to Lewis’s co-author, Stanford University education professor Teresa LaFromboise. Fifteen years later, the pueblo’s schools shelved the program. Suicides crept back, and the shocked community asked Lewis to resume the post of school superintendent and re-establish the curriculum. Over the past two years, he’s done just that, he said.

When the Zuni school system ended its program, the officials there didn’t realize “how fragile the peace was,” Lewis testified to the Senate Committee on Indian Affairs in 2009, telling then-Senator Dorgan and other members: “Suicide prevention and intervention require constant vigilance.”

Legislative News

Governor veto
The Governor vetoed all 7 of the Bills that were passed by the Legislature at the Regular November Session. These bills are:

- Creation of Department of Energy
- Department of Justice Law with Duties of Attorney General

- Annual Budget 2013
- Amend the Election Code
- Building Safety and Efficiency Act
- A Bill to enact a Garnishment Code
- A Resolution to Oppose Alcohol Sales at Whiteclay

November Special Session
The Resolution amending the per Capita Resolution was signed into law by the Governor on November 21. This Resolution amends the Resolution passed at the November 5 Special Session authorizing the Per Capita distribution of Oil and Gas income and Farming and Grazing income that is collected by the Bureau of Indian Affairs. The amendment made to the Resolution was to include exact dollar amounts that will be distributed. The total amount of these funds is \$1,931,299.18.

Special Tribal Council Meeting
The Legislature is circulating a petition calling for a Special Tribal Council Meeting to be held Saturday January 19, 2013 at 11:00 A.M. at the Clinton Community Hall. The only item that will be on this agenda will be to Amend the Constitution. By signing the petition or voting for the Resolution you will not be actually changing the Constitution, you will enable a meeting to consider calling for a vote of all Tribal members to make these changes. All possible amendments will be discussed before voting on it.
The 2006 Constitution was a major change for the Cheyenne and Arapaho Tribes but in the six years since its passage several flaws have emerged and prevented the tribal government from performing well for the people. The Legislature

Cobell settlement brings \$23 million

continued from page 2

trust duties the U.S. has owed to Indians since 1887.”
Of the settlement,
\$1.5 billion will pay trust beneficiaries based on a schedule of the value of the government’s breaches of trust. Payments depend on how much revenue was collected in the rent or sale of trust assets and what types of leases the government issued to third parties. Gingold said beneficiaries with profitable natural resources on their land will receive more. Beneficiaries from the Agua Caliente tribe in Palm Springs, Calif., are set to receive large payments because the government leased or sold the land to resort and golf course operators.
The settlement also includes a \$1.9 billion fund for the government to purchase fractionated land allotments from individuals. As a result of the allotment act, fractionation happens when tribal members die and their land is allotted and divvied by all heirs. As more members die, the fractions

Suicide is epidemic for American Indian youth

continued from page 4

Agencies, nonprofits, foundations and others can partner with tribes in the effort to protect Native children. Ultimately, though, it’s up to the communities, Lewis said. “We adults have to practice our core cultural values of compassion, respect, cooperation and concern for our children. We have to talk to youngsters about relationships, clans, societies—all the connections they’re a part of.”
“We have to tell our kids how wonderful they are,” adds Julie Garreau. “We have to give them safe places to learn and have fun and reassure them that they can have a productive life with healthy relationships.”
Franks recently participated with grieving family

has worked on improvements to the Constitution all summer and is ready to call for a vote of the people to make the amendment. The Tribal Council should join the Legislature in calling for a vote. Following is a brief summary of the amendments.

1. *Bill of Rights.* Clarifies employee protection and gives clear right to go to court for a remedy.
2. *Membership.* Clarifies that all members must be ¼ blood C&A. Stops tribe hopping. Allow enrollment even if land or money has been received from another tribe.
3. *Tribal Council.* Corrects unrealistic deadlines that prevented Tribal Council actions, sets term of coordinator, add power to override a veto of the Governor.
4. *Governor.* Separates the Treasury and Attorney General for more independent oversight of financial and legal compliance. Fix conflict with federal privacy laws in Office of Records Management. Require only High School diploma to run for office, eliminates the college requirement. Adds the Treasurer as second signatory on checks for accountability.
5. *New Attorney General and Treasurer Articles.* Separate offices will be responsible to all branches and not controlled by one. Ensures better transparency and accountability.
6. *Transition.* Affirms current leadership and ends the leadership controversy. This will release all frozen funds and stop endless court battles.

At the September Regular Session the Legislature passed a Resolution calling for the Cheyenne and Arapaho Tribal members to vote to pass Constitutional amendments. This Resolution was vetoed by the Governor. This Resolution was on the agenda for the Regular Tribal Council Meeting held in October but the meeting was adjourned prior to hearing the Resolution.
Please contact your legislator or the legislative clerk for a special Tribal Council petition or for additional information.

of land become smaller and smaller, eventually losing all of their value. Individual owners will be paid fair market value for the land, but the money must go into a trust and be consolidated for tribal communities.
Up to \$60 million of the \$1.9 billion will be used for scholarships for American Indians and Alaska natives to attend college or vocational school.
The Interior Department appointed GCG Inc. as the claims administrator. The company will work with the Interior’s Office of Special Trustee to allocate the money to tribal members.
“With the settlement now final, we can put years of discord behind us and start a new chapter in our nation-to-nation relationship,” Interior Secretary Ken Salazar said in a media release.

members in a memorial walk. The group circled a lake in one direction to honor those they’d lost, and the other direction to express support for those who remain. “Prevention includes acknowledging the bereaved and helping them talk about what happened,” Franks said.
Rafelito was hopeful. He was standing in a Ramah Navajo community garden, surrounded by ripening squashes, corn and other heirloom crops. He noted that today’s Native people and their traditions endure, despite centuries of depredations and violence. “Look at our history,” Rafelito said. “It’s been survival of the fittest. We’re the smartest and the toughest anyone can be.
“Our message to our kids should be, ‘We’re okay.’”

E A T I N G
well
for

DIABETES

By Tara Conway, MS, RD/LD, CDE
C&A Diabetes Wellness Program

Holiday Eating Tips

The holiday season is upon us and we are sure to indulge in our favorite foods.
Do you crave chocolate? Dark chocolate has phytochemicals which are good for you. It may aid in the prevention of heart disease and decreases the effects of sugar on your teeth. Everything in moderation as the calories do add up. When looking for dark chocolate read the label and make sure the first ingredients says cacao instead of sugar.
Do you crave other foods? Cravings are short-lived and if you wait 20 minutes before indulging in the food you are craving or if you can find a healthier alternative such as fruit or raw vegetables to suffice you until the craving sub-

sides you will save calories and your waist line.
You may want to buy single servings of the foods you crave instead of a large portion therefore, when you crave the food you only have a small portion on hand as when you have large portions on hand we tend to over indulge.
Taking a walk can also help you with your craving. Call a friend for a distraction.
The Diabetes Wellness Program hopes you have a great holiday season!
For more information and help with your weight loss or diabetes goals, contact the Diabetes Wellness Program at (800) 247-4612 ext. 27685.
Source: Academy of Nutrition and Dietetics

Don't Shatter the Dream Mobilization set to begin

The BIA Office of Justice Services (OJS) Concho Law Enforcement along with the Tribal Attorney General's office will be participating in the Indian Country *Don't Shatter the Dream (DSTD) Mobilization*, which will occur from Dec. 14, 2012 through Jan. 1, 2013.
“It will take all of us to lower the casualties due to traffic crashes in Indian Country, but it is a task that BIA/OJS and the Attorney General’s office is going to be absolutely committed to as we move forward in this holiday season.”
This mobilization is designed to prevent vehicle related fatalities in Indian Country and unite Indian Country law enforcement agencies to send a message that driving while impaired will not be tolerated. Native Americans are killed and injured at a crash rate two to three times higher than the national average.
Motor vehicle crashes are actually the leading cause of unintentional injury for Native Americans ages 1-44, and across the country according to the Center for Disease Control (CDC).
In 2009 a total of 440 Native Americans were killed in motor vehicle crashes throughout the United States, 240 of these fatal crashes occurred on Indian Reservations.
The holidays are historically a dangerous time on the roadways, so throughout the season Indian Country officers must be vigilant, and will be conducting checkpoints and saturation patrols to protect our tribal roadways.

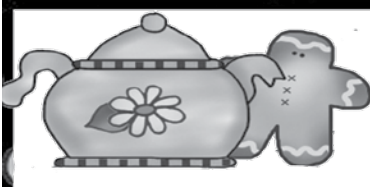
CHEYENNE & ARAPAHO
CRISIS DEPARTMENT

BUSINESS HOURS
MONDAY 8-3 p.m.
TUESDAY 8-3 p.m.
WEDNESDAY 8-12 noon
THURSDAY 8-3 p.m.
FIRDAY 8-3 p.m.

Nine Clients Seen Daily
8-11 a.m. - First Come First Serve
Medical Emergenices 1-3 p.m.

EXTREME MEDICAL EMERGENCIES
AFTER 3 P.M.

For questions or problems please do not
hesitate to call between 8 a.m. - 4 p.m.
(405) 262-7580



Hopi Corn Stew

Cooking with USDA Foods

Recipes furnished by the
Cheyenne & Arapaho Food Distribution Program



3 pounds ground beef
2 large onions, diced
2 tablespoons chili powder
6 potatoes, diced
1 pound carrots, diced
3 cups white hominy
3 (8 ounce) cans whole peeled tomatoes with liquid, chopped
2 (4 ounce) cans chopped green chiles, with juice
3 cups beef broth

1/2 teaspoon salt
1/2 teaspoon ground black pepper

In a large pot over medium heat, cook ground beef until evenly brown. Stir in onions, and saute until soft and translucent. Season with chili powder, and cook for about 2 minutes. Add potatoes, carrots, hominy, tomatoes and chilies. Pour in beef broth. Season to taste with salt and pepper. Reduce heat, and simmer 2 hours, or until potatoes and carrots are tender.

BRIEFS

Native American Museum Studies Institute-A Professional Development Opportunity for Tribal Museum Professionals
Jan. 8-9, 2013 at the University of California in Berkeley, Calif. For more information visit www.first-peoplesnewdirections.org.
Employment Law for Tribes and Tribal Organizations
Jan. 15-17, 2013 at the Embassy Suites in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.
Managing the Federally Funded Construction Project Under Grants, Contracts and Self-Determination Awards
Jan. 16-17, 2013 at the Embassy Suites Hotel in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.
Introduction to Tribal Grants Management
Jan. 16-18, 2013 at the Embassy Suites in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

tion or to register visit www.falmouthinstitute.com.
Role of the Recording Secretary within Tribal Organizations
Jan. 17-18, 2013 at the Embassy Suites in Las Vegas, Nev. For more information visit www.falmouthinstitute.com.
The third annual Native American Human Resources Conference
Jan. 24-25, 2013 at the Pala Casino and Resort in Pala, Calif. For more information or to register visit www.falmouthinstitute.com.
The 15th annual Native Diabetes Prevention Conference
Jan. 27-30, 2013 at the Grace Inn in Phoenix, Ariz. For more information or to register visit www.aaii.edu/nativediabetes2013.
The second annual National Native American 8(a) Conference

Jan. 28-29, 2013 at the Morongo Casino and Resort in Cabazon, Calif. For more information or to register visit www.indiangaming.com.
U.S. Department of Energy Tribal Energy Programs-EUCI 2013 Tribal Lands Conference
Jan. 28-29, 2013 in Scottsdale, Ariz. Complete this conference to have an understanding of federal Indian law, tribal sovereignty, tribal government structures, tribal dispute resolution systems, and the elements of successful project development in Indian Country. For more information visit www.apps1.eere.energy.gov/tribalenergy/events.
Advanced Human Resource Certification for Indian Country
Jan. 28-Feb. 1, 2013 at the Indigo Sky Casino in Wyandotte, Okla. Hosted by the Eastern Shawnee tribe of Oklahoma. For more information or to register visit www.falmouthinstitute.com.



Dear Santa

I have been very good this year. I would love a few gifts
for Christmas. Here is my list:



Concho Child Development Center



I wish for books
and a choo
choo train
Carter Murie

I wish for Dora
toys
Olivia Silva

I wish for a
Barbie doll
*Lyric
Morales*

I want a baby doll
and clothes for
the baby doll
Donna

I want a
Tinkerbelle
Emily

I want
Power rangers
Landon

I want a baby doll
and makeup
Evalynn

I want
a gun
Lucas

Clinton Head Start Classes

I wish for a
Monster High doll
Makayla Stennis

I wish
Buzz Light-year toy,
Shake n Go vehicles,
Spiderman mask
and skateboard
Jory Youngbull

I wish for Barbie
doll, baby doll,
doll house, Disney
princess activity set.
Marley Gamboa

I wish for a train
Dyson Moorehead

I wish for a
motorcycle
Dyson Ellis

I wish for a
puppy,
Barbie doll and a
kitty cat.
Amerie Sam

I wish for hair
stuff and a
Barbie doll
*La'Ryah
Fletcher*

I wish for books
and blocks
Abram Main

I wish for a
Sponge
Bob game
Illianne Pollock

I wish for a
Barbie toy and a
Barbie doll
Sofia Plentybears

I want a
toy train
Skylar

I want
army men
Caden

I want a
baby doll
Alexyn

I want a Barbie doll
and Ken doll
Livia

I want a
farm truck
Braxton

I wish for a
Spiderman toy
Jaxon Murie

I wish for Daddy
*Mariona
Villegas-Dutchie*

I wish for
cars and a
teddy bear
Jeffrey Elizondo

I wish for pretty
hair stuff and
Barbie dolls
Randi Upchego

I wish for a
Crayola
glow dome
Trinity Black

I want a
choo-choo train
Haven

I want a
new bike
Ambre

I want a robot
Repunzel
Paige

I want a
trampoline
Douglas

I want a
baby doll
CJ

I wish for
princess Barbies
Maisie Hulbutta

I wish for a Dog
and a Drum
*Jayden
PlentyBears*

I wish for balls,
a play drum and
cars
Xavier Dean

I wish for a
Hello Kitty
bubbles
with heart
Alexia Heredia

I wish for cars
Mahdox Smith

I want stickers
Aiden

I want a
Tinkerbelle
Meghan

I want a
trampoline
Ashton

I want a
big doll
Cloe

I want a
baby doll
Alexa

I wish for
a pink
Barbie car
Abigial Killsfirst

I wish for a
Barbie Doll
Aubrielle Barrett

I wish for baby
dolls
*Audrianna
Paukei*

I wish for a baby
doll and baby
clothes
Bella Ferrell

I wish for a baby
doll
*Daviani
Whiteshield*

I want a
princess doll
Bailey

I want a
train set
Lane

I want a
baby doll
Taylee

I want a robot
Roy

I want a baby doll
and clothes
Elizabeth

I wish for a Choo
Choo train and
Clothes
Trace Curry

I wish for cars
and a ball
Felix Nibbs

I wish for
Spiderman
Ryder Island

I wish for cars
Terrill Rednose

Canton Head Start Classes

I want toy
story toys
Kobe

I want
a Mater truck
Caden S.

I want a gun
Hunter

I want make-up
Sophie

I want toy
cars and flashlights
Elijah

I wish for
princess toys
Lariah Spottedwolf

I wish
for make-up
Meraelie Sevenstar

I wish for Cinderella
styling throne, Baby
Alive, a Monster
High Doll
Marietta Jones

I wish for activity
set, princess teacart
and a Disney
cash register
Yahaira Vega

I wish for
make-up
Kamriana Bennett

I wish for a
Barbie doll
Ronda Burns

I wish for a
monster truck
Justin Ruiz Jr.

I wish for
a truck
Marcas Chavez

I wish for
a bike, a play gun
with a scope, a real
gun with a scope
for grandpa and
new boots
Roderick Barker Jr.

I wish for a
Monster High doll,
Barbie doll, Fur
real puppy and a
princess tea set.
Ayshka Garcia

Please bring me
some Star War toys
Orion Wilson

I wish for
make-up
Lexi Soto

I wish for Angry
Birds, Shake n Go
toy, Buzz Light-year
toy, make
up for my mom
Clifton Cayadittoja

I wish for
Hot Wheels,
Transformer, WWE
buddy, Spiderman
gloves and a truck
Uriah Kaline

I wish for Disney
activity set, Disney
Barbie, Monster
High doll
and a scooter.
Aliyah Star

I wish for a Buzz
Light-year toy and
Angry bird shoes.
Kristian Bennett



I wish for pink nail polish, lip-gloss, Barbie doll, purse, storybooks, play dough, candy and pop. <i>Alanis Ramos</i>	I wish for a Barbie car and a cootie, make-up, Hello Kitty suit-case and my first Kenmore kitchen <i>Michaela</i>	I wish for a Nintendo DS, make up, pink shopping cart and a Barbie princess assortment. <i>Macee</i>	I wish for a skateboard, Hot wheels, Skylander starter pack, foosball and a ping-pong table <i>Gabe</i>	I wish for a 13 volt Camo SUV, Hot wheels cars, a big fire truck, my first crane, Road Ribber car <i>Aiden</i>	I wish for the Despicable Me movie, WWE, UFC and TNA action figures and a fire truck <i>Easter</i>
I wish for a Barbie doll and the entire momma's and babies to be happy <i>Imelda</i>	I wish for an Imagine Next dinosaur, a trampoline, and my first Caterpillar and Spiderman movie. <i>Jose</i>	I wish for a Destroyer Dome, Spider man skateboard, scooter, fire truck and a big blue racecar. <i>Alex</i>	I wish for a Nintendo. <i>Ryleigh</i>	I wish for a Baby Alive, Wets and giggles doll, a Barbie and a two-story beach house. <i>Antoinette</i>	I wish for a pink Disney princess activity set, shopping cart and a Disney princess cash register. <i>Diamond</i>
I wish for a Sponge bob, Spider man mobile and Koosh Recon. <i>Wyatt</i>	I wish for a Teenage Mutant Ninja Turtles action figures and a red car. <i>Rueben</i>	I would like a Disney toy, a race-car and a Barbie doll for my sister <i>Amaias</i>	I would like race-cars and some keys. <i>Ian</i>	Concho Head Start Classes 	I wish for a bicycle for Christmas. <i>LaRaya</i>
I would like a baby doll for Christmas. <i>Miyoni</i>	I would like a Triceratops dinosaur for Christmas <i>Aaron</i>	I would like art supplies and puzzles for Christmas. <i>Abbigayle</i>	I would like Hello Kitty for Christmas <i>Alexia</i>		I would like a skateboard for Christmas <i>Amaia</i>
I would like a doll & stroller for Christmas. <i>Amariss</i>	I would like a doll for Christmas <i>Amya</i>	I would like a baby for Christmas. <i>AnnaBella</i>	I would like toy fish and sand for Christmas <i>Antonio</i>	I would like play make-up for Christmas <i>Cheriff</i>	I would like a Legos for Christmas <i>Bi-Hi-Ya</i>
I would like a truck and puzzles for Christmas Love, <i>Curtis</i>	I would like a dinosaur and a truck for Christmas Love, <i>Cordell</i>	I would like a building blocks for Christmas. Love, <i>David</i>	I would like a pony for Christmas. Love, <i>Cynthia</i>	I would like dolls for Christmas Love, <i>Dezarae</i>	I would like a monkey and puzzles for Christmas Love, <i>Deleena</i>
I would like a dress up kit for Christmas Love, <i>Emery</i>	I would like a dinosaur for Christmas Love, <i>Faith</i>	I would like a truck for Christmas. Love, <i>Gabriel</i>	I would like dolls for Christmas Love, <i>Illiana</i>	I would like a skateboard and a pair of shoes for Christmas Love, <i>Isaiah</i>	I would like a Buzz Lightyear toy for Christmas Love, <i>Jayden</i>
I would like cars for Christmas Love, <i>Jaylen</i>	I would like blocks for Christmas Love, <i>John</i>	I would like a tiger for Christmas Love, <i>Jordan</i>	I would like cars for Christmas Love, <i>Jose</i>	I would like a truck for Christmas Love, <i>Juan</i>	I would like a truck toy for Christmas Love, <i>Justyn</i>
I would like a dinosaur for Christmas Love, <i>Khadija</i>	I would like blocks and cars for Christmas Love, <i>Koneihii</i>	I would like baby dolls for Christmas Love, <i>Kylee</i>	I would like a baby Barbies for Christmas Love, <i>Kynadee</i>	I would like a skateboard and a Justin Beiber poster for Christmas Love, <i>Laila</i>	I would like a clock for Christmas Love, <i>Lane</i>
I would like kitchen dishes and food for Christmas Love, <i>LaNiah</i>	I would like baby dolls for Christmas Love, <i>Lauren</i>	I would like a computer toy for Christmas Love, <i>Linda</i>	I would like a horse toy for Christmas Love, <i>Lyric</i>	I would like a big monster truck for Christmas Love, <i>Malachai</i>	I would like a Zebra and doll for Christmas Love, <i>Mikiyah</i>
I would like a Barbie for Christmas Love, <i>Morgan</i>	I would like a baby stroller and a baby doll for Christmas Love, <i>Mya</i>	I would like a truck and Legos for Christmas Love, <i>Noah</i>	I would like four wheeler toys for Christmas Love, <i>Oakley</i>	I would like a yellow bus and blocks for Christmas Love, <i>Paydon</i>	I would like Hello Kitty for Christmas Love, <i>Rachelle</i>
I would like a Monkey for Christmas Love, <i>Rosemary</i>	I would like blocks and trucks for Christmas Love, <i>Scott</i>	I would like barbie dolls and clothes for Christmas Love, <i>Sophia</i>	I would like cars and markers for Christmas Love, <i>Stoney</i>	I would like a baby doll for Christmas Love, <i>Tayah</i>	I would like art supplies for Christmas Love, <i>Tierra</i>
I would like a Thomas the tank engine pajamas for Christmas Love, <i>Tristan</i>	I would like books for Christmas Love, <i>Zoe</i>	I can't wait for Christmas, I will leave you cookies and milk and some Reindeer Food for Rudolph and the other Reindeer.			

Woodcarver brings life back to dying trees

continued from page 1

and we went to look for wood good enough to make some arrows. We tried to find wood straight enough for the arrows but never could find any and I was too young to keep track of the direction we were walking, and by the time we were finished looking for wood for the arrows, we couldn't remember where we left that bow."

Scabby said he has seen whole mountain sides charred in ashes from fires, all the trees burned to the ground and his heart would ache.

"I used to firefight and when I would see all those trees charred I would get really sad. I love trees and the countryside. I remember my grandfather's land when I was little, before we got taken away in 1966 to the Tipton Home and I didn't get out until 1972. By the time I got out they had sold my grandfather's land and the farmer who bought it wiped out all the trees, made it all into farmland. The forest, every tree, all gone, nothing but flat farm land all the way to the river down there and it was so sad for me," Scabby said. "To me its just giving life back to the trees."



Trickster Thoughts: a Sunday afternoon

By Beau Washington

A large part of controlling ricksters is communication. Most Sunday afternoons this time of year you can find me lying down watching football and snoozing off and on. Yup, this is fun. This is okay with my wife because she is the biggest basketball fan I know and I am trying to add football to her viewing pleasure. She hasn't quite grasped the nap aspect yet, but I am hoping it will rub off on her.

Many of you may have had this experience and you didn't know what happened. Let's say I am watching football and Beth is in the kitchen and she says, "Hey Bo, can you take the trash out?" I lovingly respond, "I would love to, honey." Well I don't say it exactly that way, but I agree to do it. Later I hear the door close. When I get up at half-time to graze, she looks a little cranky. I smooch her and asked her if she was going to come in and watch the game, but she is a little cold. I grab some food, look outside and go back to the game. What the heck happened? Why did she ask me to take the trash out when it was empty?

Some things are just not adding up. She is usually in a great mood. I can speculate and think about it a lot and still not know what happened to her

mood. I am turning over this part of the column to my wife, so here is Beth to give her point of view.

Hi, I'm Beth. I'll get right to the point. I asked Beau to take out the trash, it is full and smells, he said yes, but he didn't do it. He always says he will do something and then doesn't do it. Of course I get a little cranky when he disrespects me like that. Back to you Beau, explain your way out of this one.

Thanks for sharing. It is nice to know what you are thinking so I know what we can work on. Here is my side of the story. I am enjoying the game, Beth asks me to take out the trash, I agree, thinking that I will do it at the halftime. I had every intention to do my chores, really, but, she beat me to it.

This type of interaction happens in many relationships. How do we fix it? This is the cool part, either one of us can fix it. Here is how I can change it. Beth asks me to take out the trash, I respond, "Sure, can I do it at halftime?" This gives her the opening to say, "It really stinks, how about at the next commercial?" Problem fixed from my end ... if I take out the trash.

Here is how Beth can change it. "Hey Bo, can you take out the trash?" "Sure." Beth then says, "When?" I

say, "At halftime." She says, "It really stinks, and it needs to go out soon." I say, "Okay I'm on it." Problem solved ...if I take out the trash and then birds will sing and babies stop crying, life is good.

So here is how it works, when we have expectations, not knowing when or if the other person is going to do something, it opens the door for tricksters to come into our thinking. Reads Minds trickster says, "He is disrespecting me," and Stereotyping trickster says, "He always says he is going to do something and doesn't do it." Both Tricksters are wrong. I have zero intent on disrespecting her and I actually do most things I say I am going to do, but once in a while I forget to do something. Saying a few extra words by either party will keep tricksters from creating problems with a person's imagination.

These concepts can be used in a lot of ways, not just on Sunday afternoons or between males and females. Either person can gently take control of the situation and decrease trickster thoughts in another person. Everybody has trickster thoughts, but you don't have to keep them. Using these techniques will reduce them in others ... to your benefit.

By Elizabeth Catagas

Though the world is already full of depressants, we have alcohol.

The wonderful world of substance abuse is staggering; it affects over ten million people her in the United State. The ultimate signs of alcoholism are various and include the health risks to their body. To identify the uses of qualified counselors, who are skilled in all areas, can knock down a lot of barriers. Their qualifications in writing assessments professionally use all their ability to know the warning signs and the health that incur.

The patient's unknown ling over a period of time use alcohol so much they become being drunk most of the time. Some start in college, thinking it is just for this time being. They continue to use and they become chronic alcoholics. They drink daily, they have continued blackouts and telling them they have a problem is not enough. One drink is too many and a thousand is not enough. There are so many barriers to help a person who is doing their best to stay sober. The sobriety method doesn't always work for everyone; they each have their own method to stay alive and want to be alive. The contest need for qualified and trained adults, in the field of alcohol and drug counselors is not enough to help patients. The weakness of these sessions of therapy may cause the patient to relapse or commit suicide.

Comparison

The justification of substance abuse in Indian country is due to the shambles of the uncertified counselors walking into an office for a job. They display their credentials on the wall and say they are qualified ones to cure and help this one patient become a productive member of society, or a productive member of the tribal workplace. The tribal politics begin. It becomes a cycle of being in the tribe and working in an environment suited for "qualified" individuals. This malpractice becomes obstacles in the process of helping our Native people. It can start with counselors and include all those feelings of their character defects. They are too numerous to list but a few are being cowards, having anger, constant lying, have to have resentments and false pride within themselves. Each has their own battle of being in denial, have rages of jealousy, having a guilty conscious and always being negative. More severe problems lead to deaths by accidents and homicides. They cause themselves to attribute their own failing health by liver disease, psychiatric disorder, depression and fatal crashes in a vehicle. A deficiency of B1 vitamins can lead to dementia, and chronic use of alcohol increases risk of bone loss and heart problems. Addressing the loneliness and lack of intimacy is not a default in character, but can

lead to it being just that. The numerous pitfalls of preventing alcoholism in Indian country are the inability to help create sobriety within a person. The truthful approach of being sober is they become emotionally stable, getting to be productive employee and have the support of faith by keeping principles before personalities. Each interview by a qualified counselor should be a client medical assessment, the social cognitive pattern, the psychologist aspects and recommendations for further outpatient therapy.

Personal Opinion

We can achieve this long list of character flaws in every person who drinks, but it is actually up to that person to deal with living a life, alcohol free or learn how to live their life alcohol free. It is a struggle for each individual to conquer this fear, but just as any disorder it needs to be dealt with professionally. To see that statistics of numerous alcohol tragedies, incidents, and the impact it has on families, we need to step up to the plate and address this by hiring certified and reliable counselors in tribal programs. There are the substance abuse counselors, the community mental health associates, the psychologists hired and family members hired. During the changes of this world, some Indians do not know how to have coping skills. So there needs to be more intervention by people who actually care about the disease that is harming our Indian people. That is the only and best alternative for our Natives.

We can use several examples in our lives, which want to make me not drink. I do because my father drank and I lost the paternal view of life while growing up. I never knew how a father was to be at home and taking care of his responsibilities. I've lost several brothers (first cousins) due to alcohol binges. One was due to drinking and driving, and I am a strong advocate in not letting family, friends or relatives drink and drives. Only when the driver is drinking soda, juice or water, just something that is no intoxicating. My other brother lost his footing while climbing rocks and fell to his death. He knew it was death calling him. Neither one married and they had so many friends that intimacy nor love was a dream away. They both had love of parents but they refuse to exercise their rights to enjoy them. They were lectured and lectured but it falls on deaf ears, for they did not want to admit that there was problem with having a few beers. Matter of fact, it just starts out with a few. Just knowing when to stop is their downfall. Just knowingly when to stop is most Indians downfall in controlling their alcohol.

Elizabeth Catagas is a student at Redlands Community College. "I would like to give a special thanks to Sonoria Blackbear."

Powwows & Events CALENDAR

Memorial Dance for Charles "Chuck" Lee Prairie-Chief and Marty Prairie-Chief

Dec. 16, 2012 at the Concho Community Center in Concho, Okla. Paint Ceremony at 2 p.m. with an invitation to All Society members. Gourd dance to follow with supper at 5 p.m.

Wreath Laying for Veterans

1 p.m. Wednesday, Dec. 19, 2012 at the Concho Cemetery in Concho, Okla.

Annual Bykes 4 Tykes Community Children's Christmas Party

Dec. 20, 2012 beginning at 6:30 p.m. at the Pawnee Nation Roundhouse on the Pawnee Nation Reserve in Pawnee, Okla. Drawings for bicycles. Santa and Pawnee Bill along with his horse will be present. For more information call Al Thayer at (918) 399-9041.

R.E.Sp.E.C.T.'s Snow Tubing Event

12 p.m. - 4 p.m. Dec. 27, 2012 at the Chickasaw Sports Complex in Oklahoma City. Open to 7th - 12th grades. For more information call the R.E.Sp.E.C.T. program at (800) 247-4612 ext. 27570.

The 12th annual New Year's Eve Sobriety Powwow

Dec. 31, 2012 t the Tulsa Convention Center, 100 Civic Center in Tulsa, Okla. In memory of and honoring Niles Bosin. Contest powwow, all drums welcomed. For more information call Lorraine Bosin at (918) 639-7999.

R.E.Sp.E.C.T. Youth Sports Expo

10 a.m. - 3 p.m. Jan. 2, 2013 at the Southwestern Oklahoma State University Wellness Center in Weatherford, Okla. Grades kindergarten through 6th. Sponsored by the Cheyenne and Arapaho tribes' R.E.Sp.E.C.T. program. Deadline to register is Dec. 19, 2012. For more information call the R.E.Sp.E.C.T. program at (800) 247-4612 ext. 27570.

Oklahoma City Powwow Club New Year's Dance

Saturday Jan. 5, 2013 at the Cleveland County Fairgrounds, 615 E. Robinson in Norman, Okla. Gourd dance at 2 p.m. Supper at 5 p.m. and Grand Entry at 7 p.m. Everyone is welcome to attend. For more information contact Yonavea Hawkins at (405) 919-1572 or Genevea Foote at (405) 308-7352.

Carmen "Pretty Horses" Sankey 16th birthday Dance

Jan. 12, 2013 at the Concho Community Center in Concho, Okla. Gourd dance 2 p.m. Supper at 5 p.m. Teen dance at 7 p.m. Funny Bone and Lil' Mike with other guests at 8 p.m.

Carmen is a Kit Fox Society Sister and a special invitation is given for all Society Members and Tribal Princesses. Booth space available. Bring own chair. For more information call Sheldon Sankey at (918) 441-9633 or Alan Fletcher at (405) 923-0304.

BINGO! BINGO! BINGO! BINGO! BINGO! BINGO! BINGO!

Clinton Playground Committee December Bingo

What: Fundraiser/ Bingo for Prizes
When: Tuesday, Dec. 18th, 2012
Where: Clinton Community Hall, Clinton, Ok.
Time: dinner @ 5pm, Bingo to follow @ 6pm



FOR MORE INFO: LISA PENA(580)389-7888; SAMARRAH GALLEGOS(580)214-8954; RONDA REDSHIN(580)389-7041; KIM REDSHIN(580)551-2801

PRIZES! PRIZES! PRIZES! PRIZES! PRIZES! PRIZES! PRIZES!

Youth Sports Expo

Inviting Cheyenne & Arapaho Tribal Youth
Grades Kindergarten-6th
Wednesday, January 2, 2013
10:00 a.m.-3:00 p.m.
SWOSU Wellness Center-Weatherford, OK

TRANSPORTATION SCHEDULE	
OKC—Walmart (MacArthur)	8:00 a.m.
El Reno—Walmart	8:45 a.m.
Geary—North Store	9:30 a.m.
Kingfisher—Walmart	8:45 a.m.
Watonga—Karl's Apple Market	9:00 a.m.
Hammon—Cowboy Junct.	8:30 a.m.
Elk City—Love's	9:00 a.m.
Clinton—Homeland	9:30 a.m.
Woodward—Walmart	7:30 a.m.
Seiling—Shell Gas Station	8:00 a.m.
Canton—Shell Gas Station	8:30 a.m.
Thomas—Terrier Express	9:00 a.m.

Deadline to Register: Monday, December 17, 2012
For more information or to register
contact the R.E.Sp.E.C.T. Program at
405-422-7570 or 580-331-2601.

HAPPY BIRTHDAY



Happy Birthday
Elizabeth
Dec. 16

Baby, for all the years we have been together, no year has been better than the future we have coming. I love you so much, here is to you baby. Happy 50th Birthday, Merry Christmas and a blessed New Year, forever yours, BA



Happy 11th Birthday
Louis Longan
Love, mom, dad, Victoria, Sarena, Jaiden and Mario



Merry Christmas and Happy New Year to my mom, Phyllis Naranjo, my brothers and sister, Bubba, Truman, Tony, Vanessa and their families and to my late sister Marissa's children, Amya and Amir. Love y'all very much!!
Melissa, Shaylin, Richard and Delanie

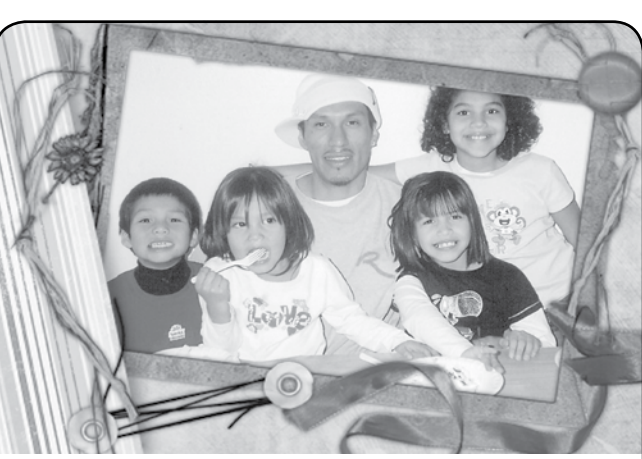


Happy 9th Birthday to our "baby girl"
Donna Lee Sage
Dec. 29
From your little family, momma, daddy, Anna K. and David, allyour big sisters, Rachel, Rosey, Regina and McKinley Look how much you have grown! We love you so much!

November 3, 2013
Honoring the Beat of Life
POWWOW

On behalf of the American Heart Association, I want to thank you for supporting the American Heart Association's mission of improving the health of our Native Americans in the community.

Many Thanks!
Rachel Crawford
Director of Health Equity
Native American/Alaska Native Initiatives



Happy Birthday Son, We would have been celebrating your 30th Birthday on Dec. 26, I just want you to know son, that you are thought of and always in our hearts forever. We will celebrate another year without you but we have the memories that we shared, your first everything.

Our Heavenly Father had other plans for you, but not here on this place we call our Mother Earth .. We love you, miss you dearly our son, dad, brother, uncle, grandson and our friend. Shannon "Duke" Blackwolf Rest in Peace Dec. 26, 1982- Feb. 23, 2007

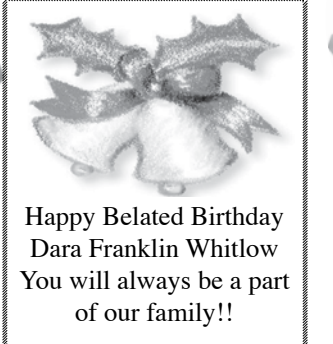


Happy 16th Birthday
Danny J. Charley
Dec. 10

We are so proud of your many accomplishments in school and athletics. Keep up the good work. Love dad and all your relatives.



Happy 9th Birthday
Grandbaby Nev!!
Love your family!



Happy Belated Birthday
Dara Franklin Whitlow
You will always be a part of our family!!



Happy Birthday
Ehiaz Blusky Limpy
AKA: Pookie
Keep up the good grades we are so proud of you! May God bless you with many more! Love you, mom Chresta, Christian and Geaudua

Happy Birthday brother
Gene Morton
Dec. 14
Love, sis Beverly



Happy 7th Birthday
Tina Mae Ortiz
Dec. 30

Since the day you were born you brought so much happiness into our lives and everyday we are so grateful to call you our daughter. The creator has truly blessed us with such a beautiful, smart, silly and happy little girl, who is growing up way too fast. Happy 7th birthday Mae Mae We all love you so much!! Mom, dad, and all your family

Happy Birthday
Dana Ruth Fletcher
Dec. 13
Love uncle Mike and aunt Georgia



Happy 11th Birthday
James
Dec. 15
We hope you have an awesome cool day Love your mom, brother, and sisters



Remembering a special dad with love at Christmas Thinking of you this Christmas and how nothing's quite the same Because there's only heartache now When someone speaks your name and sadly, no nice gifts for you, just silent tears that fall for Christmas time without you Is the hardest time of all Because the pain of losing you just seems to linger still And since you left, there's been a space that no one else can fill for looking back over the years The best that were had Were down to just one special man and that was you, dear dad To my father, Morgan McKinley Rowlodge from your daughter, Anna Kaye Rowlodge, pictured with my mother Patricia



Happy 21st Birthday
Sally Rose Black
Love your family



Happy Belated Birthday
Chelsea Lynn Peters Nov. 23 and Clarissa Ranae Peters Dec. 7 "Sweet 16"
We love you and miss you, grandpa and grandma Emhoolah

I would like to wish everyone in the C-1 District and all Cheyenne and Arapaho tribal members a very Happy Holiday

C-1 Legislator
Bruce Whiteman



Big John
Here is wishing you and all your brothers a Merry Christmas and a blessed New Year. May you always look up to the Creator for all your faith, hopes and dreams. With all our love, mama, popa, Melissa, Britini, Jo, JayJay and Jazzy

To all my relations, daddy, mama Campbell, all my sisters, brothers, nieces and nephews, but mostly my grandkids and kids. Merry Christmas and Happy New Year Robbin Campbell Burgess



Happy 8th Birthday
Jaiden Longan
Love, mom, dad, Louis, Victoria, Sarena and Mario



Happy 9th Birthday
Levi Youngbird!
You are an amazing son and I am blessed to have you! Love your mom, Sierra, Seth and baby Tracy

I would like to wish my son John W. Standingwater Dec. 26 and my daughter Carla G. Standingwater Dec. 17 A very happy birthday , don't know what I would do without my son John he is the light of my life and is always there for me and for my daughter. Carla your are the light of my life too, both of You have made me very proud of the way you have grown up to be very responsible adults and know what you want in life..... I love you both so much, hope both of you have a Happy Birthday Love your mother Carol Standingwater..... xoxoxoxo

Happy 7th Birthday grandson! Jobee Reveles Dec. 16 Love you much, gma Bev and papa A.J.

Happy Belated Birthday Wishes
Dara Lynn Franklin
Love Chris and Family
Hoonobee' Hetsiisiineb



We want to wish you a Happy Birthday! Love your mothers, Brittany Daukei and Kayla Whitecrow

Naomi Lynn Whitecrow
When is this dream going to end? Everybody tells me that it is not my fault and to quit blaming myself. I can only see that it is my fault, if I woud have stayed in your life you would have never ended up in a place they want to call a home. Everyday I cry and hate myself for the mistakes I have made in the past, now I have to live with the choices for the rest of my life. Today is not a day to feel sorry for myself, but a day it is a day to be happy because you are in the lords hands.

In Memoriam

Marshall Lumpmouth
Feb. 11, 1935
Dec. 6, 2012

A wake service was held on Dec. 10, 2012 at the Concho Community Hall in Concho, Okla. A funeral service was held on Dec. 11, 2012 at the Concho Community Hall in Concho, Okla.

Boynton Bert Turtle
Dec. 15, 1960
Dec. 2, 2012

A wake service was held on Dec. 5, 2012 at the El Reno Baptist Church in El Reno, Okla. A funeral service was held on Dec. 6, 2012 at the El Reno Baptist Church in El Reno, Okla.

J O B S

find your Career

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license and CDIB to:
Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: whaag @c-a-tribes.org.

**Cook Aides
Canton & Clinton
Head Start Centers
Closing Date: Dec. 20, 2012**

Qualifications:
High school diploma or G.E.D. certification. Possess a current food handler's card. Must be in good health and be free from communicable diseases. Must have experience in food preparation. Preference given to head start parents. Knowledge of head start regulations is desirable. Ability to work with low income families. Ability to function effectively in cross cultural situations. A valid Oklahoma driver's license and insured vehicle available for use on the job or acceptable alternative. Must be willing to obtain CDL and bus driver's certification. Maintain compliance with Criminal History Registry. Random drug testing required.

SALARY: Negotiable

**Recruitment
Administrator
Closing Date: Until filled**

Qualifications:
High school diploma or GED certification required. Four years of general clerical and/or administrative experience. Two years of supervisory experience. Able to type a minimum of 40 words per minute with 80 percent accuracy. Completion of employee background investigating and adjudication training. Must successfully pass background investigation. College degree preferred. Valid Oklahoma state driver's license required. Ability to attend in and out of state training. Good disposition, professionalism and confidentiality a must. Cheyenne and Arapaho preference.

SALARY: Negotiable



**Teachers-Head Start
Canton, Concho, Clinton
Closing Date:Continuous**

Qualifications:
CDA, AA, BA Degree in Early Childhood education and a minimum of two years experience working in an early childhood education classroom or an equivalent combination of training and experience. Early childhood education formal training and able to receive a CDA or an AA degree within 180 days of employment. Must pass drug and alcohol test. Must complete supplemental application. Must complete OKDHS Criminal Review Application. Must pass background investigation.

SALARY: Negotiable

**Substitute Teacher Aides-
Head Start
Concho, Clinton, Canton
Closing Date:Continuous**

Qualifications:
High school diploma or G.E.D. certification and minimum of one year experience working in an early childhood education classroom; or an equivalent combination of training and experience with willingness to obtain additional training and/or obtain additional training/or CDA or state certificate as requested. Ability to work effectively with low-income and special needs children. Ability to function effectively in cross-cultural situations. Ability to use positive approach in directing and redirecting child behavior, and work cooperatively as a member of a team. Current Childhood Emergency/CPA or First Aide/CPR certification or the ability to obtain one and CDL.Obtain and hold current food handler's card or the ability to obtain one. Maintain compliance with Criminal History Registry and agrees to random drug testing. Must complete supplemental application. Must complete OKDHS Criminal Review Application. Must pass background Investigation.

SALARY: Negotiable

**Water Treatment Plant
Operator I
Concho-Canadian Cty
Closing Date: Dec. 18, 2012**

Qualifications:
High school diploma and related technical training and experience. Operating principles of valves, pumps and motors. Must be physically fit. Water plant operator will be required to have a medical examination. Effects and problems of supervision and training. Safe work practices. Valid state of Oklahoma driver's license with good driving record. State of Oklahoma Water Treatment License "C", State of Oklahoma Waste Water License "D". Must pass drug screening. Cheyenne and Arapaho tribal preference.

SALARY: Negotiable

**Dietitian - RD/LD
Wellness Center, Concho
Closing Date: Until Filled**

Qualifications:
Bachelor's degree in nutrition from an accredited institution preferred. One to two years experience in diabetes education preferred. Must possess current registration through the Commission of Dietetic Registration and current licensure through Medical Licensure and Supervision. Ability to work independently and ability to be reliable. Must possess a valid Oklahoma driver's license and meet requirements for the use of a GSA vehicle. Familiar with Cheyenne and Arapaho tribal culture. Must submit writing sample if successfully selected for an interview. Cheyenne and Arapaho tribal preference. Must be able to work flexible hours including but not limited to evenings and weekends. Must pass OSBI background check.

SALARY: Negotiable

**Higher Education
Intake Date Analyst
Closing Date: Dec. 31, 2012**

Qualifications:
Must have a high school diploma or G.E.D. certification. Must have at least two years experience in related job. Must have a knowledge of records management procedures. Must be able to operate various software, spreadsheets and database programs. Must maintain confidentiality. Must be able to perform the position's essential duties and responsibilities. Cheyenne and Arapaho preference.

SALARY: Negotiable

**Transportation Maint.
Canton & Clinton
Head Start Centers
Closing Date: Dec. 20, 2012**

Qualifications:
Must have a valid Oklahoma driver's license and be willing to obtain a CDL and Bus Driver's Certificate within 90 days of hire. Must be in good physical health that allows lifting and moving. Ability to work independently. Knowledge of Head Start is desirable. A high school diploma or GED certification required. Must be familiar with federal, regional, state, local and tribal regulations as they apply to the specific area of program operations. Ability to understand and practice warmth, genuineness, and empathy in work with staff, parents and community. Demonstrated leadership ability in areas of planning, organization, and communication. Ability to function effectively in cross cultural situations. Must possess a current CPR and First Aid certification. Maintain compliance with Criminal History Registry. Be a positive role model.

SALARY: Negotiable

**Teacher-Child Care
Concho Child Develop.
Closing Date: Continuous**

Qualifications:
Teachers hired after July 1, 1995 are required to be at least 18 years of age, have a high school diploma or G.E.D. certification or have completed the tenth grade and be in the process of obtaining a GED for a period not to exceed 12 months. Must sign employee contract stating employee will attain CDA or Mastery Certification to maintain employment. Must have a valid Oklahoma driver's license. Must pass a physical exam and be able to lift 50lbs. Must be physically fit to work daily with children. Must demonstrate basic knowledge of early childhood development. Must attend staff meetings as well as parent meetings when required. Must submit monthly reports. Must attend workshops and have adequate transportation. Must have skills to relate to the community in general. Must pass a criminal background check. Must pass mandatory drug and alcohol test. Willing to work flexible work schedule. Cheyenne and Arapaho preference.

SALARY: Negotiable

**Water Treatment Plant
Operator II
Concho-Canadian Cty
Closing Date: Dec. 19, 2012**

Qualifications:
High school diploma or G.E.D. certification required. Backhoe operating experience. Experienced in water/sewer line repair. Installation and setting water meters experience. Operating principles of valves, pumps and motors. Must be physically fit. Water plant operator will be required to have a medical examination. Valid Oklahoma driver's license with good driving record. State of Oklahoma Waste Water License "D". Must pass drug screening. Cheyenne and Arapaho tribal preference.

SALARY: Negotiable

**Clinton Service Unit
Optometry Department**
Now open to schedule for all patients!
Clinton Indian Health Center (580) 331-3413
El Reno Indian Health Center (405) 422-8416
Monday – Friday
8 am-5 pm Fridays (Clinton facility only)
8 am-10:30 am walk-in appointments only (first come, first serve)
Call to schedule your eye appointment today!

OFFICE CLOSINGS

The Cheyenne and Arapaho tribal offices will be closed Monday, Dec. 24, 2012 and will reopen on Wednesday, Dec. 26, 2012 at 1 p.m. in observance of the Christmas holiday.

The offices will also be closed Monday, Dec. 31, 2012 and Tuesday, Jan. 1, 2013 in observance of the New Years holiday. Offices will reopen on Wednesday, Jan. 2, 2013 at 8 a.m.

HAPPY HOLIDAYS

SCHOLARSHIP SEARCH WORKSHOP
JAN. 11-12, 2013
Southwestern Oklahoma State University-Science Room 108
A scholarship search workshop is tentatively scheduled for Jan. 11-12, 2013.
The workshop will be presented by Carrie Orange and Wanda Whiteman for tribal high school seniors and tribal members interested in attending college or university. A meal will be provided both days.
Additional information will be forthcoming through the Cheyenne and Arapaho Tribal Tribune and the Cheyenne and Arapaho tribes Website.
For more information contact Whiteman at (405) 422-7560.

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
IN THE TRIAL COURT
CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022
FILED NOV 28 2012
DOCKET PAGE
FILM IMAGE
COURT CLERK
DEPUTY

In The Matter Of Guardianship Of:
H.G. III DOB: 6/20/
L.G. DOB: 12/24/
Case No: CIV-2012-0108

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: MACY LIMPY
HARRY GARCIA JR.

You are hereby notified that FRANCES GARCIA has filed in this Court a Petition For Appointment Of Custody of the child, H.G. III AND L.G., minor children, and that on 3RD day of October, 2012 the petitioner, FRANCES GARCIA has filed a Petition for Custody, and that said Petition is hereby set for a Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 19th day of DECEMBER 2012 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Permanent Custody should not be granted.

Dated this 28th day of DECEMBER, 2012.

Edwina Whiteman, Court Clerk
Cheyenne and Arapaho Trial Court

Petitioner:
Frances Garcia
2310 Santa Fe #32
Woodward, OK 73001

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
IN THE TRIAL COURT
CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022
FILED NOV 28 2012
DOCKET PAGE
FILM IMAGE
COURT CLERK
DEPUTY

SONYA TREVINO
CHRIS DERENZO
Plaintiff
vs.
DARREN GOUGE
MARLENE EAGLE
Defendant
Case No: CIV-2012-0102

NOTICE BY PUBLICATION

The Cheyenne-Arapaho Tribes to: Darren Gouge
Marlene Eagle
410 W. Watts #4
El Reno, OK 73036

You are hereby notified that Sonya Trevino and Chris Derenzo has filed in this Court a Petition For Custody of minor child, S.G. and that on September 19th, 2012 the plaintiffs Sonya Trevino and Chris Derenzo was granted Temporary Emergency Custody of the minor child and that said Petition is hereby set for a Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 19th day of DECEMBER, 2012 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said relief should not be granted.

Dated this 28th day of NOVEMBER, 2012.

Fran Wilson, Deputy Court Clerk
Cheyenne-Arapaho Trial Court

PRITIONER
Sonya Trevino
Chris Derenzo
1225 Pennylane
El Reno, OK 73036

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
IN THE TRIAL COURT
CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022
FILED NOV 29 2012
DOCKET PAGE
FILM IMAGE
COURT CLERK
DEPUTY

In The Matter Of The Guardianship Of:
T.C.R.II DOB: 09/08/08
A Minor Child
Case No: PG-2010-0076

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: KELLY CHEROMIAH

You are hereby notified that ARLENE K. KAULEY has filed in this Court a Petition For Appointment Of Custody of the person and/or estate of T.C.R.H., minor child, and that on 4TH day of NOVEMBER, 2011, the petitioner, ARLENE K. KAULEY was granted Temporary Guardianship of the minor child, and that said Petition is hereby set for a Permanent Hearing to be heard in the Court room of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 19TH day of DECEMBER, 2012 at 10:00 A.M., at which time you may appear and show cause why said Permanent Custody should not be granted.

Dated this 29TH day of NOVEMBER, 2012.

Edwina Whiteman, Court Clerk
Cheyenne and Arapaho Trial Court

Petitioner:
Arlene K. Kauley
9551 N. 2050 Rd.
Hummox, Ok. 73650

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
IN THE DISTRICT COURT
CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022
FILED NOV 29 2012
DOCKET PAGE
FILM IMAGE
COURT CLERK
DEPUTY

SARA L. WHITESHIELD
Plaintiff
vs.
REDMON P. ELLIS
Defendant
Case No: CIV-2012-0007

NOTICE BY PUBLICATION

The Cheyenne-Arapaho Tribes to: REDMON P. ELLIS

You are hereby notified that SARA L. WHITESHIELD has filed in this Court a Petition For Custody regarding, DAVIANI WANNIE PATSY WHITESHIELD, a minor child, and that said Petition is hereby set for a Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 9th day of JANUARY, 2013 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said relief should not be granted.

Dated this 29th day of NOVEMBER, 2012.

Edwina Whiteman, Court Clerk
Cheyenne-Arapaho Trial Court

Plaintiff:
Sara L. Whiteshield
1541 Sabre Lane
Weatherford, Ok. 73096

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
IN THE DISTRICT COURT
CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022
FILED NOV 28 2012
DOCKET PAGE
FILM IMAGE
COURT CLERK
DEPUTY

BARRY BOTONE
Plaintiff
vs.
CARRIE RUSSELL
Defendant
Case No: CIV-2012-0121

NOTICE BY PUBLICATION

The Cheyenne-Arapaho Tribes to: CARRIE RUSSELL

You are hereby notified that BARRY BOTONE has filed in this Court a Petition For Custody regarding, B.B., L.R., L.B., H.B., minor children, and that said Petition is hereby set for a Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 23rd day of JANUARY, 2013 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said relief should not be granted.

Dated this 28th day of November, 2012.

Ricque Richardson, Deputy Court Clerk
Cheyenne-Arapaho Trial Court

Plaintiff:
Barry Botone
P.O. Box 16
Concho, OK 73022

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
IN THE TRIAL COURT
CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022
FILED NOV 29 2012
DOCKET PAGE
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GAYLENE SUE HARVEY
Petitioner
vs.
KEVIN EARL HARVEY
Respondent
Case No: JED-2012-0039

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: KEVIN EARL HARVEY

You are hereby notified that Gaylene Sue Harvey has filed in this Court a Petition For Dissolution of Marriage and that said Petition is hereby set for a Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 25th day of JANUARY, 2013 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Divorce should not be granted.

Dated this 29th day of November, 2012.

Ricque Richardson, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

Plaintiff:
Gaylene Sue Smith
902 N. Forrest
Wainwright, OK 73772

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
IN THE DISTRICT COURT
CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022
FILED DEC 06 2012
DOCKET PAGE
FILM IMAGE
COURT CLERK
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In The Matter of the Adoption Of:
Hester Yonaghiad, DOB 01/02/06
An Indian Minor Child Borned with the
Cheyenne and Arapaho Tribes
Case No. JFA-2012-0005

NOTICE OF HEARING ON APPLICATION FOR
NOTICE BY PUBLICATION

IT IS HEREBY ORDERED AND NOTICE IS HEREBY given that the above captioned matter comes on for Hearing On Application for Notice by Publication, said hearing of the same has been fixed by The Honorable Judge Lisa O'gilby-Harbert for the 18th day of December, 2012, at 10:00 A.M. at the Courtroom of the District Court of the Cheyenne Arapaho Tribes of Oklahoma in Concho County.

Dated this 6th day of December, 2012.

Ricque Richardson, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

Virgil R. Beckwith, ORAS 3009
Boomer Law, PLLC
3130 NW 25th St.
Oklahoma City, OK 73107
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Fax: (405) 248-8355
Attorney for Petitioner

Haskell men’s basketball adds its marker in history

Submitted article

Lawrence, Kansas-So far for Haskell Athletics, the 2012 season has uncovered some amazing accomplishments.

The women’s volleyball team hit the post season for the very first time in history. Soon after, Haskell Cross Country won their first Women’s MCAC Conference Championship in school history and traveled to Washington to compete in the NAIA National Championships. Now, Coach Chad Kills Crow and the Haskell men made a huge dent in the Haskell basketball program by defeating an NCAA team for the first time in Haskell basketball history.

“This team has five seniors on the roster, each who I personally recruited. They show leadership in many ways, and want to be remembered at Haskell as one of the best teams in our History. Their commitment is truly sincere and they are a unique bunch of kids from diverse backgrounds, but call each other family. I’m truly blessed to have these kids,” Coach Kills Crow said.

It was a chilly day in Denver, Colo. as these outstanding seniors and the men’s basketball team drove down Hwy. I-70. They arrived in the Mile High City to take on two NCAA Division II opponents that weekend.

Their first stop ... Regis University. Regis is nestled around the foothills of Denver just 15 minutes from downtown and plays out of the Rocky Mountain Athletic Conference.

The Indians had just come off a close loss to Number 12 ranked University of St. Mary at the beginning of the week, and had the determination to make the next game an on-the-road win. These next two exhibition games would be of solid competition.

“I think the advantage of playing an NCAA team is to gain a perspective of where we are and what we need to do to compete against tougher competition. Our conference always has at least two top 25 teams and we need to prepare against tougher match ups rather than pad our stats, or play weaker teams. I notice other schools will purposely play weaker teams in order to have a good record going into conference, but to me, that makes no sense. I also understand that it is every kid’s dream to play NCAA Div I., so I schedule a DI team and a couple of D.II teams to play with hopes our kids will take those memories, and say later in life, they did play that level,” Coach Kills Crow said.

The Indians not only competed, they took the Rangers for

a ride.

Haskell stepped into Regis Field House knowing that they were in a NCAA Division II school and their skills would be put to the test. They needed to limit their mistakes and be precise in their shots.

Ron Rousseau and Stand Lovato quickly drew the Rangers attention as Rousseau dished the assist to Lovato grabbing the first bucket.

The two teams fought for the lead during the next 20 minutes of the first half. Senior Trey Osborne led the team with 12 points out of the 36 against Jarrett Green’s 16 of the Rangers.

Haskell, knowing that their skills held the Rangers down in the first, came out of the locker room with their eyes set on the win. The Indians owned the second half outscoring the Rangers by 7 points. Senior, Raymond Whiteshield went 6-8 hitting 15 points after sinking 3 free throws.

The Indians shot 47 percent from the field compared to the Ranger’s 27 percent, leading to a victory by the score of 73-66.

“I think the key factor in our win against Regis University was our ability to believe in ourselves and believe that we were a good team. These kids work extremely hard for me and throughout the game I reminded them to believe. It was an emotional night for the team and myself. My senior, Raymond Eagle Boy Whitshield, had the opportunity to play in front of his family and former coaches. He played with a ton of heart. He may be an undersized post player, but he was unstoppable that night. I truly believe that he had the



Raymond Eagle Boy Whiteshield, Cheyenne and Arapaho senior at Haskell University went 6 for 8 hitting 15 points after sinking 3 free throws during game against NCAA Division II Rangers.

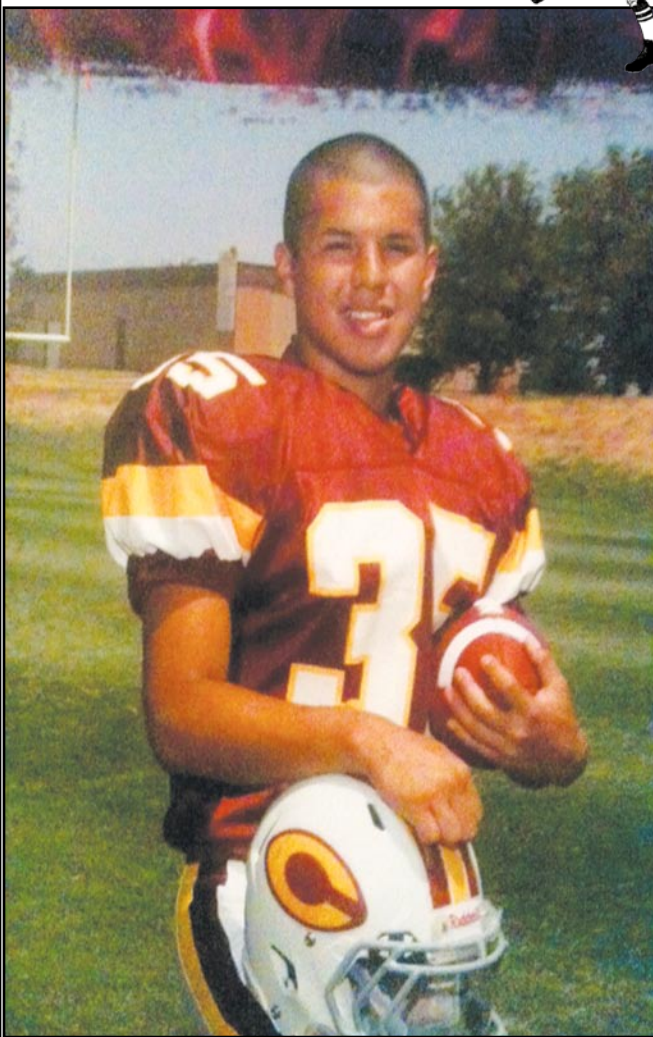
strength from his relatives, both living and past, on his side that night. Eagle Boy played the best game I have ever seen him play,” Coach Kills Crow said. “To be the first team to defeat an NCAA basketball team is huge. Not only for our basketball program, but for the University and Haskell Athletics as a whole. I am so proud of my guys and their accomplishment. This school has an athletic history that many know little about. This includes a powerhouse football team at one time, our running program, and now volleyball. To be a part of Haskell history in our win; I personally feel overwhelmed with honor and pride.”

For the Indians, Coach Kills Crow, and Haskell, this game will be remembered for years to come, and this team has left its mark in the history books.



Annual Elders Christmas Luncheon & Bingo Dec. 7, 2012

SPORTS SPOTLIGHT



Jared William Cable, Cheyenne and Arapaho, is a freshman fullback, line-backer and puner for the Red Tornado JV Clinton Football team in Clinton, Okla.

Jared excels in the classroom, earning a spot on the honor roll and has been in the advanced placement math for the last five years.

Jared has plans in the future on attending the University of Oklahoma (OU) and playing football if he gets the opportunity.

He said he would like to host a Native American Football Summer Camp. He knows that there are a lot of Native American boys that need a positive role model and that is his biggest goal and plans on going all the way with his goals.

Jared was also featured in the November issue of *VYPE* Sports Magazine as their Native American Athlete of the Month.

He is the son of Nicole Cacelis and the late Steven Cable. He is the grandson of Imogene Howling Buffalo.

Jared's family wish to say, "Congratulations Jared! We love you from your grandmas', grandpas', aunts, uncles - the Howling Buffalo and Racelis families."

Ride for toys



Photo by Jim Beckel

From left, Serena Selumber of Shawnee; Amos Tallbear of Choctaw; Elsie and Henry Sleeper, Oklahoma City, all members of the Oklahoma Indian Bikers Motorcycle Club, carry unwrapped toys to donate. They participated in the charity ride because they wanted to support the motorcycle clubs and help children by donating items to the toy collection.

About 300 motorcycle riders participated in a charity ride for children in southwest Oklahoma City on Sunday afternoon, Dec. 9, 2012.

Escorted by Oklahoma City police motorcycle units, the bikers traveled along SW 29 Street, S. Western, S.W. 44th Street and returned to Woodson Park at SW 36 and S. May Avenue. Feed The Children and the Fellowship of Christian Bikers sponsored the motorcycle ride/toy drive.

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